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Your essential daily news | TUESDAY, MARCH 1, 2016

High 5°C/Low -4°C Snow melt



EXIT UBER HITS END OF THE ROAD

**After one year
operating illegally,
rideshare service
calls time as bylaw
comes into force**

metroNEWS



ISTOCK

'About time' for HIV drug

PREVENTION

**Health Canada
OKs potential
'game changer'
years after U.S.**



**Alex
Boyd**
Metro | Edmonton

As HIV infections increase in Alberta, Health Canada has quietly approved a drug people can use to prevent infection that some say is a potential game changer for the province.

"It's about time — Canada has been late to the game," said Brook Biggin with HIV Edmonton, noting that Truvada was approved as a pre-exposure prophylaxis, or PrEP, in the United States four years ago.

Truvada is already used in Canada to treat people who have HIV, but studies suggest that when taken daily by people who are HIV-negative it can reduce infection risk by

as much as 90 per cent.

According to Alberta Health, the province saw 284 new HIV infections in 2014, a 30 per cent increase over 2009. And according to HIV Edmonton research, about one third of new HIV infections are among men who have sex with men.

Recent surveys of queer men in both Edmonton and Calgary show about half would consider taking Truvada if available.

Andrea Carter, team lead of prevention and engagement at HIV Community Link in Calgary, calls the approval a "game changer," especially for men who have sex with men.

A few doctors already prescribe the drug for the previously unapproved use, but an official nod from Health Canada means it will be much more widely available.

But both Biggin and Carter said the hefty price tag remains a barrier.

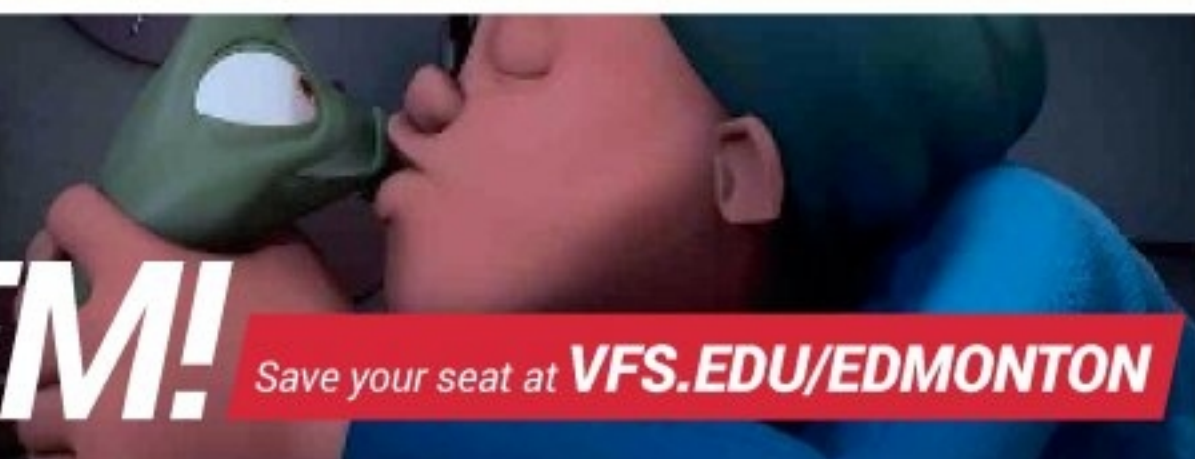
Currently not covered for prevention by health care or most private insurance providers, a monthly supply can cost about \$1,000 in Alberta.

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H&M

CULTURE

Study analyzes dating profiles

Sanam Islam
Metro | Edmonton

If you've wondered why your online dating picture isn't getting attention, a new Canadian study may explain.

"There hasn't been any credible study out there when it comes to online dating pictures, but the first thing people notice is your picture, and then they go to your profile," said Karan Dhanju, CEO and co-founder of Ontario-based DatingFound, an online dating site behind the study.

"We felt it was important to know which pictures get attention online and which ones are a crapshoot."

In its study of about 6,800 singles — including about 1,200 from Alberta — DatingFound discovered women are drawn to pictures of men showing pride, while men are most attracted to pictures of women who look happy. "Pride signals high status and masculinity. 'Men who display pride and influence in a picture are perceived as more confident and relaxed,'" Dhanju said.

Meanwhile, women who look happy appear more friendly and approachable. That's important because men are generally still expected to make the first move online, he said.



IN BRIEF

Making a Murderer lawyers coming to Edmonton

Steven Avery's defence lawyers featured in the hugely popular Netflix series *Making a Murderer* are coming to Edmonton as part of tour called 'A Conversation on Justice Tour.' Lawyers Dean Strang and Jerry Buting will appear in

several Canadian cities, including Edmonton, on July 31.

They'll do a Q-and-A as well as discuss the Avery case and its broader implications. They'll also talk about the American criminal justice system. METRO WITH FILES FROM THE CANADIAN PRESS



The founders of Chitter, a new social media app for university students. From left to right: Kyle Kaiser, Benjamin Lavin, Mark Galloway, Anmol (Sabby) Choudhary and Tamara Bain. SUPPLIED

App has sex appeal

STARTUP

Chitter claims 20,000 users on campuses

Alex Boyd
Metro | Edmonton

A group of tech-savvy students toil late into the night to create a new app that will finally allow university students to connect, like and flirt online — and then, Silicon Valley takes notice.

It's the plot of the Social Network, sure, but also the recent adventures of five University of

Alberta graduates.

"We kind of think of it as a modern-day, early Facebook," said Kyle Kaiser, one of the five co-founders of a new social network for university students called Chitter, named for the noisy squirrels that live on the U of A campus.

"When (Facebook) came out in 2005, it was really targeted towards the university community, but now everyone uses it. It's lost that appeal."

In November, Chitter was selected from more than 6,000 applicants for one of 100 spots with California-based startup accelerator Y-Combinator — which previously funded Airbnb and Reddit.

In addition to more than \$160,000 in funding, the team is also spending three months in California being mentored.

Co-founder Sabby Choudhary said while apps like Snapchat or Facebook are good for keeping in touch with people you know, the appeal of Chitter lies with connecting users with the larger community.

"Class sizes are so big now, sometimes 500 people in first year. It's very hard to connect with people," he said.

It seems many Alberta post-secondary students agree: Launched in September, Chitter currently has an estimated 20,000 users on five western Canadian campuses.

An estimated 25 per cent of undergrads at the University of Alberta and 30 per cent at MacEwan use the app.

This is not the Chitter creators' first experience with a startup accelerator though. The app was born at e-HUB, the U of A's business incubator.

Tony Briggs, co-founder of e-HUB who helped mentor the Chitter team, said Chitter was born after a lot of late nights and trial and error, and serves as an example to students that entrepreneurship is possible.

"It's really important to show that there's nothing too magical about it, and with a lot of work and the right support you can get there."

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ECONOMY

Downturn puts the squeeze on charities

Alberta's economic downturn is putting the squeeze on charities as growing numbers of unemployed seek help and others cut back on discretionary spending.

Demand is up at food banks in Calgary, Edmonton and Fort McMurray, swollen by people who have recently lost their jobs in the oilpatch or by others who were laid off last year and have burned through their savings and credit.

Capt. Pam Goodyear of the Salvation Army says requests

for help are up by as much as 30 per cent in the province from last year. Smaller communities are being hard-hit.

"It is people who have lost their jobs and never had to ask for help before," Goodyear said Monday. "Some are looking for emergency food, help with utilities, help with rent."

Last month, Alberta's seasonally adjusted unemployment rate was 7.4 per cent — up from 4.6 for the same time in 2015. Some economists believe the jobless

rate could grow higher this year.

The Calgary Food Bank said it distributed food last month for 13,000 people — a jump of 24 per cent from the previous year.

Shawna Ogston, a food bank spokeswoman, said the number of new clients was up by 43 per cent.

"It's your neighbour, it is your friend, it is your family," she said. "You have to wonder what 2016 is going to bring."

Some charities are reporting that cash donations from cor-

porations and the public have been up, especially over the holiday season. The hope is that the donations will keep coming and will be enough to cover demand if the economy doesn't improve.

Goodyear said the already frugal Salvation Army is planning to tighten its belt in Alberta for the coming fiscal year, which begins in April.

People who need help may get a little less: "We are nervous about what is coming," she said.

THE CANADIAN PRESS



Binge drinking is downing four or more drinks in a sitting. Some say it's an increasing problem for women in Edmonton. iStock

More women binge-drink

HEALTH

Misperception and marketing cited as reasons



An increasing number of women in Edmonton are seeking help for alcohol-related problems that include binge drinking, says Alberta Health Services (AHS).

"It's a big concern ... there's this belief that exists that alcohol is relatively safe, and even safe at a binge level," said Barry Andres, executive director with addiction and mental health at AHS.

"The other factor is the liberalization of norms — culturally, there's a lot of promotion and marketing around alcohol as a means for women to socialize, for entertainment and to be seen as attractive."

From 2001 to 2014, the number of women reporting drinking four or more drinks in a sitting at least twice a month has increased from about five per cent to nine per cent, whereas the percentage of men stayed

largely flat at just under 15 per cent, according to Alberta Health.

Nationally, binge drinking has been rising among both older women (aged 35 and up), and those 15 and under, according to a recent report by Canada's chief public health officer.

For women, particularly young women, binge drinking poses higher risks than it does for men, Andres said.

"Women are particularly vulnerable because of body weight factors. The rate at which they process alcohol is going to be a little slower, their ability to absorb will be slower, and the effects are going to be known sooner and will be greater," said Andres.

Binge drinking can also contribute to long-term chronic health issues, such as liver damage, cancers and pancreatic problems.

Andres said more education and awareness is needed about the low-risk drinking guidelines, in addition to curbing the availability of alcohol.

One way to do that is by implementing minimum drink pricing, like B.C., he said. "It would address the issue of access and trying to mitigate public health and behaviour."

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CRIME

Shooting sends man to hospital, several in custody

Police say multiple people are in custody after a man was shot and sent to hospital in life-threatening condition Monday and a vehicle was seen fleeing the scene.

Police responded to a report of a break-in and assault with a weapon at a

northeast Edmonton home Monday afternoon.

It was a reported man in the residence was shot, police said in a release.

Police said they found the vehicle near 85 Street and 136 Avenue and took several people into custody, though no one has been charged at this time. METRO

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Uber hits brakes in Edmonton

TRANSPORTATION

Ridesharing insurance policy delayed until July 1



Ryan Tumilty
Metro | Edmonton

Uber made good Monday night on its threat to shut down in Edmonton after the Alberta government announced earlier Monday it wouldn't approve the company's proposed insurance for several months and won't let its drivers behind the wheel without commercial licences.

In a statement released late Monday, the company's general manager, Ramit Kar, said Uber would shut down its service in Edmonton at 6 a.m. Tuesday.

"With no action by the NDP government on ridesharing, the province has cost thousands of Edmonton families a source of income by forcing Uber to suspend operations in the city."



Transportation Minister Brian Mason speaks to reporters at the legislature Monday. RYAN TUMILTY/METRO

“People who are being transported as paid passengers have to be assured they're safe.”

Transportation Minister Brian Mason

The statement describes the service suspension as "temporary."

Transportation Minister Brian Mason announced the Alberta government would

approve a proposed policy Intact Insurance has created for Uber drivers, but that it won't do so until July 1.

Mason also said the government will require Uber drivers to hold Class 4, or commercial licences, similar to taxi drivers and he expects drivers to have police checks.

Mason said the province is working to approve the Uber proposal, but they have to do their due diligence.

"We have been working to try and make sure there is an insurance product that Uber drivers can purchase or buy that meets the minimum needs, but it won't be ready for tomorrow," Mason said.

Uber also pushed the province to allow its drivers to operate with Class 5 licences, which is what most drivers have, but Mason said the government believes a Class 4 is necessary.

"People who are being transported as paid passengers have to be assured they're safe," he said.

Before announcing it would suspend service, Uber suggested Monday the city could delay implementing its bylaw.

+ ROAD TESTS

What's a class 4 licence?

The commercial licence Alberta is mandating for Uber drivers has tougher requirements than regular licenses, including:

Road tests are 45 minutes long for Class 4 licences, compared to just 25 for a standard test.

Drivers on the test can accumulate a maximum of 50 points for failing, whereas they can accumulate 75 points on a standard test. Infractions are worth either 10 or five points.

Class 4 licence holders have to have a medical exam to certify they can drive. METRO

Mayor Don Iveson said delaying the bylaw's implementation isn't going to happen.

"They asked for the bylaw to be sped up and we did," he said. "It comes into effect tomorrow. There is no changing that at this point."

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The STARS charity is in danger of not selling out its lottery — which shares proceeds with the Royal Alexandra Hospital Foundation — for the first time in its history. METRO FILE

Ticket sales for STARS lottery slow

CHARITY

Air Ambulance fundraiser struggling



STARS Air Ambulance is hoping sales for their lottery will take off in the next few days as the charity faces the prospect of not selling out for the first time in over 20 years.

In the 23-history of the lottery, STARS has always sold out, but with the early-bird cut off set for Thursday they are only 80 per cent sold.

"If we continue to sell at the current rate we won't sell out," said STARS president Andrea Robertson.

Robertson said recognizing the bad economy, they have converted some of their ticket packages to lower price points and they're hopeful sales will pick up.

She said the lottery is their single biggest fundraiser and pays for a big part of the operations.

"Last year, we sold out (and) we netted \$11 million, and that would pay for the Edmonton base for an entire year," she

said, which is one of three bases STARS operates in Alberta.

She said if they don't sell out the lottery they will still turn a profit, but they will have to find ways to make up the difference.

Nicole Merrifield, with the University of Alberta Hospital Foundation, said they hope STARS lottery succeeds and are watching the fundraising for their upcoming Full House lottery.

"The lottery is important and we are certainly aware of where the economy is at and



We are certainly aware of where the economy is.

Nicole Merrifield

working hard to make sure the lottery is as successful as it can be," she said.

She said the lottery, which shares proceeds with the

Royal Alexandra Hospital Foundation, is an important fundraiser, but not the only one.

Merrifield said the Full House lottery hasn't always sold out and is just one of the tools in their toolkit.

+ DRAW

Tickets for STARS lottery can be purchased before March 2 for the early bird draw and by March 23 for the full draw.

DOCTOR-ASSISTED DEATH

Online survey asks Albertans for input

The Alberta government wants to hear what residents think about doctor-assisted death.

Health Minister Sarah Hoffman says the government is seeking input to help the government develop policies to protect the interests of patients, health-care workers and vulnerable individuals.

The Supreme Court of Canada ruled a year ago that individuals with unbearable suffering from a grievous and



We need input not just from legal and medical experts, but also from patients, families and caregivers. Brandy Payne

irremediable condition could seek a doctor's help to die.

Ottawa has until June 6 to pass new legislation reflecting the court's landmark decision.

The province is looking for input on how old someone

must be to make that decision, where such a death should take place, and whether all publicly funded institutions or workers should be forced to provide life-ending services.

Brandy Payne, who is associ-

ate minister of health, along with MLA Dr. David Swann and Dr. Bob Turner, make up the advisory committee on physician-assisted death.

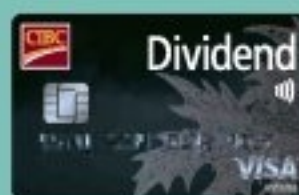
All Albertans are encouraged to share their views via an online survey by March 31.

"We need input not just from legal and medical experts, but also from patients, families and caregivers," Payne said in a news release Monday.

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Film tells election story

DOCUMENTARY

Day of Change follows two NDP MLAs during campaign



Ryan Tumilty
Metro | Edmonton

An Edmonton filmmaker is hoping his new documentary will peak behind the curtain to tell the full story of the NDP's surprising election win last year.

Kelly Wolfert's film *Day of Change* will screen this week at the Metro Cinema in partnership with NorthwestFest. Wolfert said in the final week of last spring's election he and his team jumped into action, realizing something unique was happening.

"We planned this three days before, so we were watching as Albertans were and kind of shocked at what was unfolding," he said.

"We thought this was going



Premier Rachel Notley celebrates victory on election night on May 5, 2015. A new film premiering this week aims to tell the backstory on Notley's surprise victory. THE CANADIAN PRESS

to be historic in some way."

Wolfert said they didn't know for sure the election would end the decades of Progressive Conservative governance as it did, but they were confident it would be historic.

"It was a case of let's shoot

first and ask questions later and thankfully we did that," he said.

With crews in Edmonton, Calgary and Red Deer, Wolfert followed local candidates in the final days of the campaign and through election day.

He said they focused on local campaigns to tell the story of volunteers and candidates.

"We wanted to keep it as simple for people as possible," he said.

The film follows Edmonton MLAs Heather Sweet

+ SCREENING

Doors open at 6:15 p.m. Wednesday for the screening at the Metro Cinema. The screening will be followed by a panel discussion on the election.

and Deron Bilous.

Wolfert said Sweet's campaign had been running for months and showcased the grassroots effort.

"It really embodied the ground campaign for the NDP."

Wolfert said they hope to take the movie to other festivals across the country because there are a lot of people in Canada wondering what happened in Alberta.

"I like to try and think of it outside of the context of Alberta, people might be able to walk away with a better sense of the importance of the day," he said.

"It's going to let people now what the story was outside of 15-second sound bites."

CONSTRUCTION

Groat Road to close

Groat Road will close this weekend as the city attempts to push construction of the 102 Avenue Bridge forward. The bridge was delayed by more than a year when bridge girders unexpectedly buckled last spring. It's set to open later this year.

Project manager Jim Murray said this weekend's efforts won't necessarily speed that up, but it could help.

"We have been saying fall of 2016 and we are still saying that," he said.

Murray said this weekend they hope to wrap part of the bridge in an insulated tarp that could allow for the concrete pour of the bridge's deck earlier than expected. "It will allow us to pour the deck earlier than we had hoped, but that is still going to be weather dependent."

Murray said they will still need 10 days of weather above zero, but he hopes to start the process in April. The road will be closed between 6 a.m. and 7 p.m. on Saturday and could be closed for the same hours on Sunday.

RYAN TUMILTY/METRO

THERE'S NO PLACE
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Schitt's Creek

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Defund seal hunt: Anderson

ANIMAL RIGHTS

Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained by The Canadian Press that Ottawa has poured millions of taxpayers' dollars into propping up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul Mc-

Cartney who have spoken out against the hunt.

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared with 55,000 in 2014 and 91,000 in 2013.

The former Conservative government defended the hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter."

THE CANADIAN PRESS



Pamela Anderson, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

IN BRIEF

Review of Canada-EU trade deal completed

The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. An agreement in principle was reached on the comprehensive deal, known as CETA, in October 2013. Negotiations between Canada and the 28-member EU began in 2009.

THE CANADIAN PRESS

Foster parents allege vendetta by social workers

A couple says they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for trying to keep a Metis toddler they've raised since birth.

The couple, who cannot be named, were in the B.C. Court of Appeal on Monday asking a judge to temporarily block the ministry from moving the two-and-a-half-year-old girl to Ontario to live with older siblings she has never met.

THE CANADIAN PRESS

IMMIGRATION

Arrival of 25,000 refugees a 'significant milestone': McCallum

Immigration, Refugees, and Citizenship Minister John McCallum says Canada has reached a "significant milestone" with the arrival of 25,000 Syrian refugees.

McCallum told a news conference at Toronto's Pearson airport today that the work

continues to integrate Syrians into the community. McCallum was at the airport as the last two government-arranged refugee flights were arriving as part of the Liberals' \$678-million settlement plan.

The refugee resettlement program was launched in Nov-

ember, after the Liberals came to power and promised to bring in 25,000 government-sponsored refugees by the end of February.

But the 25,000 Syrians that have already arrived in the country are a mix of more than 14,300 refugees assisted by the

government and 8,500 sponsored privately.

An estimated 4.7 million Syrians have registered as refugees since the outbreak of the Syrian civil war in 2011, but the UN refugee agency is not seeking permanent new homes for that many.

Syrian refugees have gone to communities where there are settlement supports in place, with consideration given to whether they have family members in Canada, as well as the availability of schools, and housing, McCallum said.

THE CANADIAN PRESS

8,500

The number of refugees among the 25,000 that were sponsored privately.



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*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com.™/® The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

5 THINGS TO KNOW ABOUT SUPER TUESDAY

Americans in 11 states vote today, the biggest day on the presidential primary calendar. There are a total of 1,460 delegates up for grabs — 865 for Democrats, 595 for Republicans. Here's what you need to know. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS



1 Can Ted Cruz win the South?

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.



4 Can Bernie Sanders win anywhere outside Vermont?

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

2 How broad is Trump's appeal?

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.



3 Will Marco Rubio be a real contender?

The Florida senator has not won a single state, but he earned rave reviews and heavy coverage this week for a Trump-mocking debate performance. If that doesn't translate into strong showings, such as, say, a victory in Virginia, it is hard to see what will.



5 How big is Clinton's margin in Texas?

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.



CALAIS

Police, migrants clash in France

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Deboue, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp.

THE CANADIAN PRESS



Clashes at Calais migrant camp. THE ASSOCIATED PRESS

RICK MERCER REPORT

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GRAPHIC BY METRO

Women pay more for goods: Study

MARKETING

Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But ... it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer affairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller. She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to look for items priced differently.

At Canadian Tire, children's gardening gloves with the Teenage Mutant Ninja Turtles logo sold for \$6.99 compared with purple gloves with the sisters from Frozen at \$7.99. "We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential ... can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for \$5.49, compared to a two-pack Bic Velocity ball pens for \$2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features.

TORSTAR NEWS SERVICE

“Change is going to really require businesses to rethink themselves.”
Sarah Kaplan, Rotman School of Management

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EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.



At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a—, someone would go, 'Hey, what

you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared



ASK HIM LESS Chris Rock is right to point out that if George Clooney wore lime green to the Academy Awards, he'd be asked about his wardrobe, too — so let's all agree to let the Oscars be superficial, Emma Teitel writes. GETTY IMAGES

But the question in my mind, one Rock did put forward, is this: Why, regardless of gender, are reporters delving deep on the red carpet at all? I'd like to propose an alternative antidote to red carpet sexism — a model of equal opportunity shallowness.

Rather than "Ask Her More," entertainment broadcasters should just "Ask Him Less."

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

And there are few things

Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was both essential and excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers

for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

Women tend to wear interesting pieces and bright colours and men, for the most part, don't.

You may be the most enlightened progressive on Earth, but there is no PC tonic powerful enough to prevent you from reacting to Sarah Palin's infamous sequin-fringe bolero jacket — the jacket she wore on stage to endorse Donald Trump and the only thing in history that is actually louder than him.

Maybe where politics are concerned, the path to an egalitarian landscape in which women aren't criticized unduly for their fashion, is possible through the adoption of a standardized uniform.

For example, a more breathable version of the stretch-fabric jumpsuits worn by members of the U.S.S. Enterprise on Star Trek: The Next Generation would be highly comfortable and flattering on leaders of all shapes and sizes.

Just imagine Bernie Sanders battling it out at the podium with Hillary Clinton, both of them rocking the black and red spandex of Captain Jean-Luc Picard. That's what I call fashion-forward.

As for the red carpet, all's fair in love and wardrobe malfunctions.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview

Our instinct is to look away from stories like Spotlight. Don't.

One well-trodden story, about good people whose inaction clears a path for evil, won an Oscar on Sunday night.

Spotlight, the tale of how Boston Globe reporters broke a Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much follow-up.

It's particularly ironic, then, that when I went to see Spotlight, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrank from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignor-

ance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences. Around sex, especially when it comes to educating children. Around the emotional health of young boys, for whom macho ideals remain powerful.

As Michael Sugar accepted the Oscar, the Spotlight producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors. "The story of Spotlight has really just begun," Sugar told reporters backstage.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

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BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**



1 Pull-ups

What it works: Back, biceps

What to do: With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.

Why it's effective: This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.

What you'll need: A door frame with a pull-up bar.



2 Wall Walk

What it works: Chest, shoulders, core

What to do: Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.

Why it's effective: Bodyweight movements that mimic lifting weight above your head are less common.

What you'll need: A wall you don't mind scuffing up a bit.



3 Spider-Man Walk

What it works: Upper body, coordination

What to do: In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.

Why it's effective: This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.

What you'll need: Just a floor path to crawl like Spidey.



4 Hollow Rock

What it works: Core.

What to do: Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.

Why it's effective: This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.

What you'll need: A comfortable floor mat.



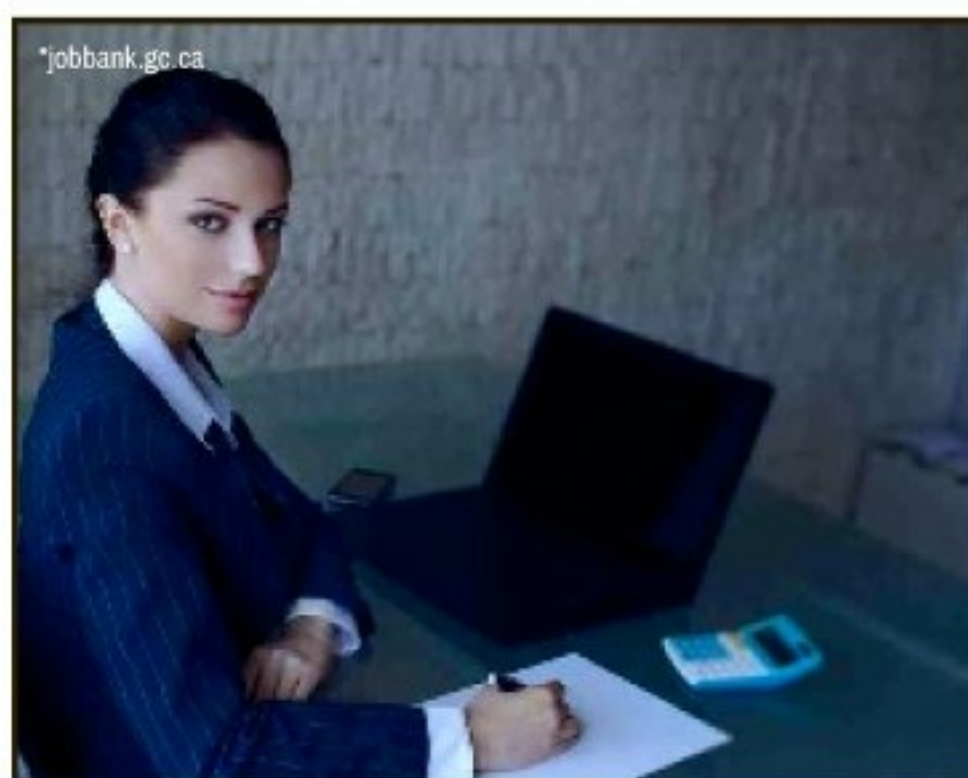
5 Scissor Lunge

What it works: Lower body: thighs, quads, hamstrings, glutes

What to do: Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.

Why it's effective: You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.

What you'll need: Nothing but floor space.



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JOHANNA SCHNELLER
WHAT I'M WATCHING



Chris Rock interviews moviegoers in Compton, asking if they've heard of any of the Oscar nominated films.

THE ASSOCIATED PRESS

The wakeup call Hollywood needs

THE SHOW: The Academy Awards (CTV/ABC)
THE MOMENT: The Compton Cinema

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor

or Eva Mendes. It might not have been an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl!" Tracy Morgan trilled hilariously, holding a Danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Canadian Oscar winner eyes change in Pakistan

ACADEMY AWARDS

Dual citizen filmmaker brings honour killings to light

Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy is reveling in her Oscar win, but it's the prospect of real change in Pakistan that has her beaming.

The 37-year-old claimed an Academy Award on Sunday for her short documentary on honour killings in Pakistan, *A Girl in the River: The Price of Forgiveness*.

The film examines the case of an 18-year-old girl who survived a brutal attack by her father and uncle who disapproved of her husband. Obaid-Chinoy says she's heartened by reports that two people in Pakistan were sentenced Monday morning for an honour killing, an indication there might be a crackdown on the brutal tradition.

"For me, the biggest win is the fact that the issue I'm trying to highlight has gotten such a tremendous response, and it will continue to," Obaid-Chinoy said Monday morning from Los Angeles. "This morning in Pakistan they sentenced two people ... for an honour killing, so it's already having some sort of reverberations. What more can a filmmaker ask for?"

Obaid-Chinoy says she celebrated her Oscar win at an after-party alongside Leonardo DiCaprio and Ben Affleck, and chatted with Mad Max star Charlize Theron and Facebook chief operating officer Sheryl Sandberg. But she's also drawn attention from world leaders, with Prime Minister Justin Trudeau tweeting his congratulations Monday and Pakistan's



On Sunday, Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy won an Oscar for her short documentary on honour killings. THE ASSOCIATED PRESS

Prime Minister Muhammad Nawaz Sharif declaring in a statement that "there is no place for killing in the name of honour in Islam."

He said his government is in the process of developing legislation to stop the practice.

"Women like Ms. Sharmeen Obaid-Chinoy are not only a pride for the Pakistani nation but are also a significant source of contribution toward the march of civilization the world over," Sharif said.

Rights groups estimate that about 1,000 Pakistani women are killed every year for "bringing shame" to their families.

The killers are rarely prosecuted, because Pakistani law allows suspects to avoid pun-



I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and resettlement process

Sharmeen Obaid-Chinoy

ishment if they are forgiven by the family of their victims, a provision based in Islamic law.

A Girl in the River is the latest in a series of socially charged investigative films from Obaid-Chinoy's Karachi-based film company SOC Film. She also won an Oscar in 2012 for the documentary short *Saving Face*, about acid attacks.

Obaid-Chinoy, a dual citizen who lived in Toronto from 2004

to 2015 and now lives in Pakistan, says Canada has had a big influence on her work.

"I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and the resettlement process," she says.

A Girl in the River: The Price of Forgiveness is set to air on HBO Canada on March 7.

THE CANADIAN PRESS

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Succeed by learning to fight test anxiety

Use the Earth Wind and Fire strategy to ground yourself

You open your book to study, but you're overwhelmed with a sense of panic. Or you're in an exam room, you know the material, yet when you look at the first test question, your heart starts racing and your mind goes blank.

You're not alone.

It's common for students to experience test anxiety, according to psychologist Kimberly Eckert of the Eckert Psychology and Education Centre in Calgary. "Sometimes tests take on magical powers for students and can really overwhelm them," she says. "But it's really important that students learn that our brain is wired to protect us when we feel threatened ... and that activates our flight or fight system."

The key to taking hold of test fear is to understand the biology behind it. When we are in a stressful situation, our body responds with the stress hormones cortisol and adrenalin. "So we have to do specific things to have that cortisol and adrenalin leave our blood stream so we can be calm and show what we know and what we studied hard to

learn," says Eckert.

Eckert teaches her students a strategy she dubs 'Earth Wind & Fire' (yes, after the band) to help ground themselves in stressful test situations.

The first — Earth — is to look around the room and focus on five separate things.

"It could be looking at a picture and noticing something about it you haven't noticed before," suggests Eckert. "As soon as you focus on these things it brings you to the present and your flight or fight system begins to shut off."

Wind is all about focusing on your breathing. Eckert suggests "square breathing" — inhaling for a count of five, holding the breath for a count of five, and then exhaling for a count of five.

"We know one of the fastest ways to calm yourself in these situations is to get oxygen to the brain," she says.

Finally, Fire is to find a way to get moisture in your mouth to put out the stress fire. "We know that when you have a lot of moisture or saliva in your mouth, it actually helps calm the fight or flight symptoms," says Eckert. She suggests bringing lozenges or a bottle of water, or both, to an exam as a calming strategy.

"It's really just knowing how to calm your body down when it does go into that fight or flight response during an exam," she adds.



ALL PHOTOS ISTOCK



Study skills you need to ace exams

Studying for exams can feel daunting because the stakes and expectations are so high. But if you apply good study habits throughout the semester, you're more likely to ace those tests when exam time rolls around.

Keri Noonan, a Toronto-area high school and elementary school teacher, says that the study skills you learned before you got to college or university will serve you well when that exam period comes. "Focusing on main ideas is key," she says.

Noonan suggests strategies like reading the material and sorting the main ideas into a graphic organizer, or asking yourself a guiding question to help you focus on what's really important in the material. She also recommends practicing "open book" tests so you can access the information and create study guides that you can use later.

It's common for first year students to confuse comprehension with memorization, says educational psychologist Kimberly Eckert of the Eckert Psychology and Education Centre in Calgary.

"It takes a lot more work to get the material mastered and accessible in your brain for you to pull on it to answer those multiple choice questions or answer a detailed essay question," she says.

"You can't memorize everything, so you have to focus on the most important information and reduce it," she adds.

To achieve that mastery, Eckert recommends using an app — "there are hundreds out there" — that allows you to take test material and create flashcards and tests. This way, it's portable on your phone and accessible at any time for quick review. One of her favourites is Quizlet, available for free in the iTunes app store.

Finally, don't study too hard. Eckert says that we have something called an ultradian rhythm, where our body functions better and our brain retains more doing tasks for shorter periods. She recommends taking a 15-minute break for every 60-90 minutes of studying. "Go do something that's fun — listen to some music, text some friends, go for a walk — this will make studying go much better and you will actually retain more of what you learn," she says.

According to Eckert, when researchers create an environment where people have no play in their day and are only busy with task related activities, they've had to stop the study after two days because people develop generalized anxiety disorder that quickly.

"We do have to have some fun in order for us to stay in the flow and be able to learn well," she says.



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Step Forward

Diversify talents in uncertain times

If there is one thing Shane Willier-Williams doesn't have, it's a one-track mind.

And for someone set on a career in business, especially during these uncertain economic times, being multi-faceted is a terrific quality.

"I want to be a business administrator, a computer tech, and a web designer, but I decided to first take on NorQuest's hospitality and service industry training so I can have it in my back pocket."

For the past few years, the 28-year-old has lived his life under the wise premise that he is better suited to learning than he is to simply struggling. He first returned to school in 2012 to take NorQuest's Academic Upgrading (AU) program. It was then he caught wind of the college's new Edmonton Oilers Community Foundation Hospitality Institute (EOCFHI).

The institute responds to the demand for skilled workers trained in world-class hospitality and customer-service skills. Students

take a common Introduction to the Service Industry course, then may choose to take one or more of five different specialties. The courses are short and easy to fit into a busy schedule. An EOCFHI bursary is available to those who qualify.

"The service skills training changed me a lot. Everything they said not to do, I was doing: wearing jeans to interviews, big jewelry, not being properly-groomed. It really turned me around, not just as a worker but as a person."

Willier-Williams has now completed both the AU and EOCFHI programs and has applied to the college's Business Administration diploma program for September 2016.

"Success can be served on a platter for anyone who is willing to live it, breathe it, and make it a part of them," he says.

For more information on these programs or others, visit norquest.ca or come to the Program Information Night at the Edmonton downtown main campus on Feb. 11.



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IT field continues to boom

After losing his job at Target when the chain shut down their Canadian stores, Bataduwe Santhamanasa (Santha) was looking to better his future and pursue a career in the field of IT.

He had noticed huge growth in network administrator job openings over the last few years and decided on the network administration diploma at Academy of Learning Career College.

"There's no career field hotter than information technology," says Santha, 2015 graduate. "With huge advances in technology over the last few decades, companies need professionals who can help keep their computer networks working and improve them with the times."

After moving to Canada from Sri Lanka in 2006, Santha always knew he would like to pursue a career in this field but could not find a school that was a right fit, until he found Academy of Learning.



CONTRIBUTED

Santha decided to enroll at Academy of Learning because of the friendly staff and well-trained instructors, advanced computer lab and the student assistance services during the program and after graduation.

"They always guided me from beginning to end along my path to achieve my goal," says Santha, who completed the program with an A+.

"The network administration program is highly recommended to anyone who has a passion of technology, able to accept the challenge of everyday tasks, and offers great chances for advancement and ability to develop real-world skills — all in less than a year."

For more information about this program, visit academyoflearning.ab.ca.

DIGITAL STUDENT HAS DESIGNS ON NEW CAREER

After completing high school, McWinston Mendoza decided he was interested in pursuing a career in architecture, but wanted an education where he could gain practical skills in a shorter amount of time. That is when he found the architectural CAD technician program at Digital School Technical Design College.

"I chose Digital School because I could receive my architectural CAD technician certificate in only one year," says Mendoza.

Architectural CAD technicians work with architects and technologists to design and draft all the structures needed in modern society.

Their position is one of a skilled assistant to architects, engineers or technologists, who possesses a broad knowledge of the architectural and/or engineering disciplines.

Mendoza says Digital School was the right choice for him because the program provides informative lessons, using the most up-to-date tools and techniques and likes the accessibility of the program.

Once he completes the program, Mendoza hopes to take the skills he learns at Digital School and further his education by first



ISTOCK

enrolling in a graphic design program and then eventually pursuing a master's degree in architecture from the university level.

Graduates of this program find work in architectural offices, engineering firms, CAD-specific workgroups, home builders, construction companies, engineering consultants, all levels of government, and other related industries.

For more information about this program, or others offered through Digital School, visit digitalschool.ca.

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Staying financially afloat at school

The key to staying in control of your student debt is staying organized, according to Laurie Campbell, CEO of the Ottawa-based Credit Canada Debt Solutions Inc.

"You get thousands of dollars at the beginning of the semester and think you have lots of money, but you need to be very, very specific about where that money is going," she says.

Campbell recommends building a week-by-week budget that tracks expenses such as groceries, entertainment, books and transportation and staying within that budget.

"It doesn't matter if you go online to track your expenses or you use your phone and check your bank account every day. You just want to make sure you have categories and if your grocery budget is \$60 per week, you don't go over that \$60 per week," she says.

And while many students are told to "get a credit card to build credit" during their

school years, Campbell strongly advises against it, noting credit card debt is the worst kind of debt.

"It's easy to build credit and you can do that when you graduate," she says, noting that the more likely scenario is racking up a high interest debt while you're in school and not having the ability to pay it back. "What are you building your credit that quickly for anyways?" she asks. "It's not like you're buying a home straight out of school when you have student loans."

"We see so many students fresh out of school with student loans and then three or four credit cards racked up. That's a terrible way to start out your young financial life."

And when it comes to job searches, whether it's for summer employment or for recent grads, Campbell says try not to be too picky and think instead about whittling down that debt and not incurring more.

"We see far too many young people in



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here who have been out of school a year or more and have a large amount of debt because they don't want to get a job outside of their field," she says. "My opinion is that if you can't find something in your field, just find something. There's nothing saying

that while you're working you can't continue to look for your perfect job and now you have money to stay afloat and start paying off your debt," she says.

"And employers like to see that you're doing something during that time."



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Dress to impress at job interviews

After semesters of sweatpants and jeans, dressing for that first job interview or job can be a daunting prospect, especially if you're tight on cash.

"(What you wear) sets the tone (at work)," says Lisa McLatchie, a personal stylist based in Toronto. "We all know first impressions say a lot and whether we like it or not, people judge us by our appearance."

But following a few fashion rules and shopping smart will ensure you'll make the good impression you need to excel in that first important job.

McLatchie says the most common mistake she sees young people make when dressing for interviews is that they're dressing too "old" in things like formal, monochromatic suits.

"People are going to expect you to look like a young person. You need to dress appropriately, but it has to be age appropriate as well," she says.

Like you would research a company's business, you should also do a bit of research as to what people wear at that particular workplace or in that particular industry, according to McLatchie. For the interview, your aim should be to dress one step up from what people wear day-to-day, she says.

Your clothing doesn't need to be expensive, but it must fit well and be well maintained. "It only takes five minutes to clean up a pair of shoes, but it makes a huge difference," says



ISTOCK

McLatchie.

A good quality blazer in a colour that suits your skin tone is a great investment for both men and women, she says. "People don't really wear matchy-matchy suits anymore."

To that end, McLatchie says to not shy away from colour. "A pop of colour shows personality, whether it's in a blouse for women or socks and ties for men," she says. "Pick one statement piece and keep everything else neutral."

"A fun piece is a great ice breaker when you're going into an interview," she adds. "People notice and it sets the tone."

McLatchie even recommends going one step further and researching the psychology of colour, to learn how colours and subconsciously impact people's emotions. For example, according to colour psychologist Angela Wright in England, red can evoke a flight or fight response — probably not the reaction you want from an interviewer.

So while you should perhaps avoid a bright red shirt, "try to find a way to incorporate your personality into your outfit," says McLatchie. "You got in there because of your resume and credentials so now looking the part becomes key."



Ayodele Philip Aiyeleye CONTRIBUTED



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Adapting to the Canadian marketplace

When Ayodele Philip Aiyeleye immigrated to Canada last year, he knew he wanted to continue to work in the field of finance, but was looking to widen his knowledge of the finance and accounting field as it relates to the Canadian market.

"With over eight years of experience in finance, especially financial analysis and investment management, I realized that I needed a more advanced understanding of accounting and local knowledge of the finance industry," says Aiyeleye.

"The accounting and payroll administrator program at Robertson College was a perfect fit to bridge and align my previous experience into the Canadian workplace."

Aiyeleye was looking for an institution with a hands-on approach to teaching and commitment to ensuring every student is successful in their career afterwards.

He says was also interested in the employment rate statistics of graduates from the institution and the opportunity for a practicum.

"Duration was also very important to me, I wanted a one-year program and after adequate research, Robertson College came out as the best choice," says Aiyeleye.

The accounting and payroll administrator program has been designed for those looking to get into accounting and also for those working in an organization already but now looking to get their CPA designation.

This program compresses the basic curriculum for accounting and payroll and offers the opportunity to gain practical experience at a very suitable pace.

"On top of the technical skills acquired, Robertson College focuses on developing soft skills, which are extremely essential for any new immigrant's career progression and success in Canada," says Aiyeleye.

"In addition to integrating with people from various cultural backgrounds, I believe this training (with further carefully selected certifications) will place me in a world of endless opportunities here in Canada."

While Aiyeleye is yet to complete the 44-week program, he has already successfully secured a job with the Federal Government (Canada Revenue Agency), thanks to the flexibility of the school hours.

"It has been an awesome hands-on learning experience for me and being in this program has significantly boosted my confidence to face the job market and excel in my career," says Aiyeleye.

For more information about the accounting and payroll administrator program at Robertson College, visit robertson-college.com/programs/business/accounting-payroll-administrator/edmonton.



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"No pain, no problem at all": Rangers ace Yu Darvish after throwing from a full-sized mound for the first time since elbow surgery

Oilers pluck mighty Duck

NHL

Six-foot-three, 230-pound Maroon adds size to lineup

The Edmonton Oilers, looking to add size and grit, acquired winger Patrick Maroon from the Anaheim Ducks prior to the NHL trade deadline Monday.

In return, Edmonton sent prospect Martin Gernat, a defenceman, and a 2016 fourth-round pick to the Ducks.

"We got a little bigger," Oilers general manager Peter Chiarelli said.

Maroon is listed at six-foot-three and 230 pounds. He's been a third- and fourth-line player with Anaheim this year, averaging just over 11 minutes per game.

Maroon has four goals and nine points along with 54 penalty minutes in 56 games.

The 27-year-old had played his whole career with Anaheim and comes with a cap hit of \$2 million US annually in each of the next two years.

Also on Monday, Chiarelli picked up two players off the waiver wire: Adam Cracknell from Vancouver and Adam Pardy from Winnipeg.

Both will join the team in Buffalo, where the Oilers play the Sabres on Tuesday night.

Cracknell, 30, is a six-foot-two, 210 pound right-winger. He has five goals and five assists in 44 games with the Canucks



Patrick Maroon, right, has 54 penalty minutes in 56 games this season. BRUCE BENNETT/GETTY IMAGES

this year.

Pardy, 31, has one assist in 14 games with the Jets.

Chiarelli said Cracknell is needed as forward Benoit Pouliot was injured in Sunday's 3-1 win over the New York Islanders.

"I don't know the prognosis yet ... (but) it could be four or five weeks or it could be the rest of the year (on Pouliot)," said Chiarelli.

Chiarelli is in his first season as Edmonton's GM and has said

"I'm nothing but excited. They've reiterated the fact that they have a lot of faith in me."

Oilers goaltender Laurent Brossoit

he wants a bigger, heavier team.

Over the weekend, he traded backup goalie Anders Nilsson, defenceman Justin Schultz and forward Ted Purcell for a minor-league goaltender and draft picks.

Edmonton also signed de-

fenceman Brandon Davidson and goaltender Laurent Brossoit to two-year contract extensions Monday.

Davidson, 24, a 2010 sixth-round pick, has emerged as one of Edmonton's steadiest defencemen. The six-foot-two,

210-pound Lethbridge native had a goal and an assist Sunday against New York, his first multi-point game, while leading the team with over 22 minutes of ice time.

Brossoit, 22, of Surrey, B.C., has been solid this season with the AHL's Bakersfield Condors. He has compiled a 15-9-3 record, 2.69 goals-against average and .919 save percentage with three shutouts.

THE CANADIAN PRESS

Deadline day a dud as major trades occur in advance

Canadian teams were the driving force behind one of the quietest trade deadlines in recent memory.

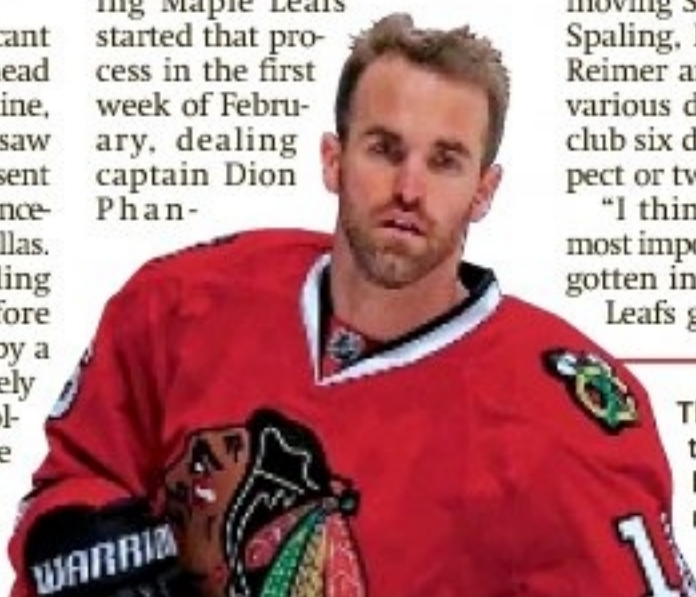
Only a handful of significant transactions were made ahead of Monday's 3 p.m. ET deadline, the most notable of which saw 26-year-old Mikkel Boedker sent to Colorado and Calgary defenceman Kris Russell dealt to Dallas.

Most of the major dealing was done in the days before the deadline, highlighted by a class of Canadian teams likely to miss the post-season collectively for the first time since 1970.

Canadian clubs all sent various expiring contracts and aging players out for

future assets.

A predictable seller coming into the season, the rebuilding Maple Leafs started that process in the first week of February, dealing captain Dion Phan-



euf to Ottawa in a nine-player blockbuster. They continued to jettison veteran roster pieces, moving Shawn Matthias, Nick Spaling, Roman Polak, James Reimer and Daniel Winnik in various deals that netted the club six draft picks and a prospect or two.

"I think the picks are the most important thing that we've gotten in these transactions,"

Leafs general manager Lou

Lamoriello said after the first of two transactions with San Jose, which sent Spaling and Polak to the Sharks.

While Toronto planned to sell after signing a number of free agents to short-term contracts last summer, it's fair to suggest that none of the remaining Canadian sellers expected to be in such a position. Three of the five clubs made the playoffs last season (Calgary, Winnipeg and

Montreal) and were expected to get back again this year.

Calgary fell out of the playoff mix this year and also sold ahead of the deadline. Jiri Hudler was dealt to Florida over the weekend in a deal that netted the Flames future picks in the second and fourth rounds. On Monday, Calgary sent Russell to Dallas for a relatively rich return of 24-year-old defenceman Jyrki Jokipakka, a prospect and a conditional second-round pick in 2016.

The pick moves to the first round if the Stars reach the Western Conference final and Russell plays in 50 per cent of playoff games in the first two rounds. THE CANADIAN PRESS

The Chicago Blackhawks proved the most active team before the deadline, adding forwards **Andrew Ladd**, Dale Weise and Tomas Fleischmann, defenceman Christian Ehrhoff and minor-league goaltender Drew MacIntyre. JONATHAN DANIEL/GETTY IMAGES

IN BRIEF

Reports: Brady, Patriots work out 2-year extension

Tom Brady reportedly has agreed to a two-year contract extension with the New England Patriots.

The deal will significantly lessen Brady's salary cap hit for 2016, which would have been about \$15 million. He was due to make \$9 million next season and \$10 million in 2017.

Brady, 38, has said he plans to play well into his 40s. THE ASSOCIATED PRESS

Franchise tag for NFL QBs set at \$19.95M

Using a franchise tag on a quarterback will cost a team \$19.95 million for 2016 under the values agreed upon by the NFL and the players' union.

The next most expensive position is defensive end at \$15.7 million, according to numbers made official Monday. The salary cap for next season is \$155.27 million, an increase of about \$12 million per team from 2015. THE ASSOCIATED PRESS

Warriors' Green apologizes for outburst

Golden State power forward Draymond Green has apologized to his teammates, coaches and the organization for an emotional outburst during halftime of the Warriors' 121-118 overtime victory Saturday at Oklahoma City in which he reportedly yelled: "If you don't want me to shoot, I won't shoot the rest of the game."

THE ASSOCIATED PRESS



Ain't no more wear-and-tear on this body. This body (has) got to rest.

Retired boxer Floyd Mayweather who insisted on Monday that there is no chance that he will get back into the ring, even to spar.

RECIPE Curried Pumpkin Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This warm and rich soup with its comforting hug of pumpkin will make it fine for you to wait another month or so for BBQ season.

Ready in
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

Ingredients

- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock

- 1 cup water
- 1 can of coconut milk (14 oz.)

Directions

1. Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.
2. Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.
3. Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

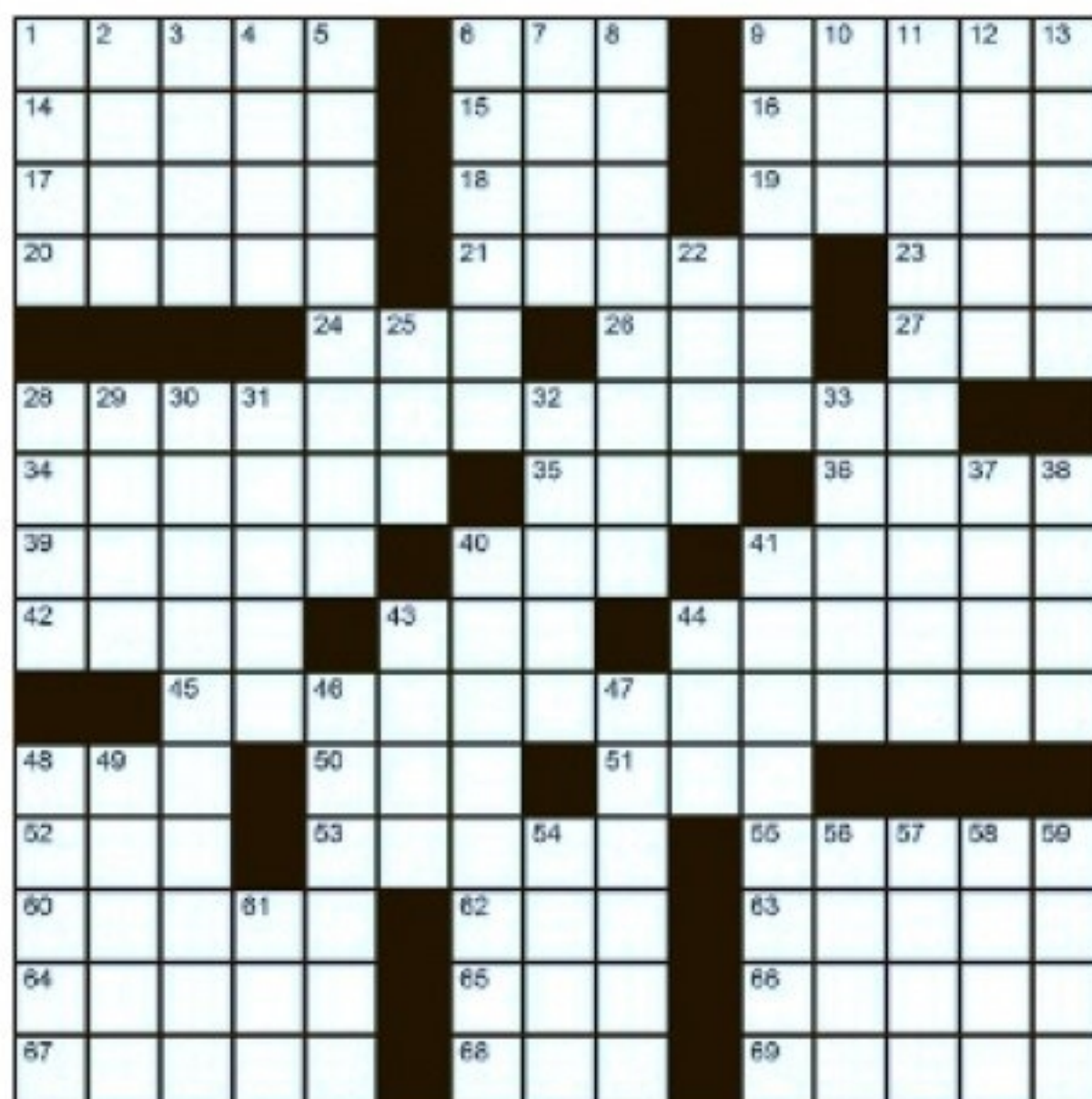
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Lily varieties
6. Adobe file ending
9. Jason of "American Pie" (1999)
14. Anger
15. Hugs, greeting card style
16. Pursuit of Happiness' "I'm an ___ Now"
17. "Sweet Love" singer Ms. Baker
18. "Voices Carry" by ___ Tuesday
19. Dinner-and-a-movie attendee, perhaps
20. "Nessun Dorma" voice
21. ___ socks
23. Flight watch-dog org.
24. + [abbr.]
26. Don't share any of it
27. Halt
28. Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
34. Ms. Wiest of "Footloose" (1984)
35. Strong-___
36. Jackie Kennedy's designer Mr. Cassini
39. ___ the desert
40. Gone by
41. Deuce-ace
42. Alike
43. Snacked on snacks
44. Shannen's role on the show *Tori* also starred on
45. Mark Messier, as a Stanley Cup champion in 1994: 3 wds.



48. ___-12 Conference
50. Alteration site
51. Many a moon
52. Lanois' U2 coproducer
53. "All joking ___"
55. Incisions
60. Yorick, in Hamlet

62. Nuke
63. Resist the oppressors
64. "___ Coins in the Fountain" (1954)
65. Outback creature
66. Off-white
67. "Melrose Place" star Rob

68. Classified Ad Sales ___ (Newspaper job)
69. Photocopy

DOWN

1. Armoured police team letters
2. White-tailed sea bird
3. Acquire

4. Norwegian who explored the Canadian Arctic, ___ Sverdrup (b.1854 - d.1930)
5. 'Pointifies' pencils
6. ___ Corporation (Saskatchewan fertilizer company)
7. Bump off: 2 wds.
8. Paul Bunyan, for

- one: 2 wds.
9. Horrible human: 2 wds.
10. Mount ___ (Peak of Crete)
11. Instinctive hunch: 2 wds.
12. Collect
13. Prized violin, e.g.
22. Rich earth
25. 'Capri' suffix
28. Old Icelandic literary work
29. Actor Mr. Bogarde
30. Opportunity to state one's case: 3 wds.
31. Ludicrous
32. Gung-ho
33. Oscar-winner Sophia
37. Michael ___ (The Neverending Story author)
38. Stuff
40. Mist-making perfume bottle
41. Fascinate
43. Seafaring 'sures'
44. Sibling to sis'
46. Blues and Belugas
47. Don't lose pace: 2 wds.
48. Plague, in Paris
49. Crosses of ancient Egypt
54. Helen Mirren's title
56. Exist
57. Prince ___ (Alexander Borodin opera)
58. Via, to a poet
59. Charon's river in ancient Greek mythology
61. Michele of "Knots Landing"

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

Taurus April 21 - May 21
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

Gemini May 22 - June 21
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

Cancer June 22 - July 23
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

Leo July 24 - Aug. 23
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

Virgo Aug. 24 - Sept. 23
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

Libra Sept. 24 - Oct. 23
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

Scorpio Oct. 24 - Nov. 22
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

Sagittarius Nov. 23 - Dec. 21
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

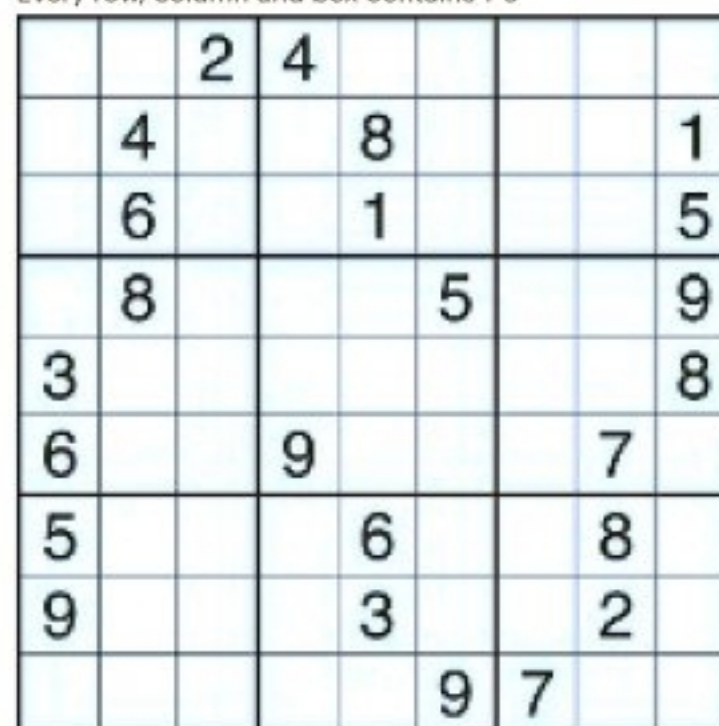
Capricorn Dec. 22 - Jan. 20
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

Aquarius Jan. 21 - Feb. 19
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

Pisces Feb. 20 - March 20
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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